

Creamy Italian Salad Dressing

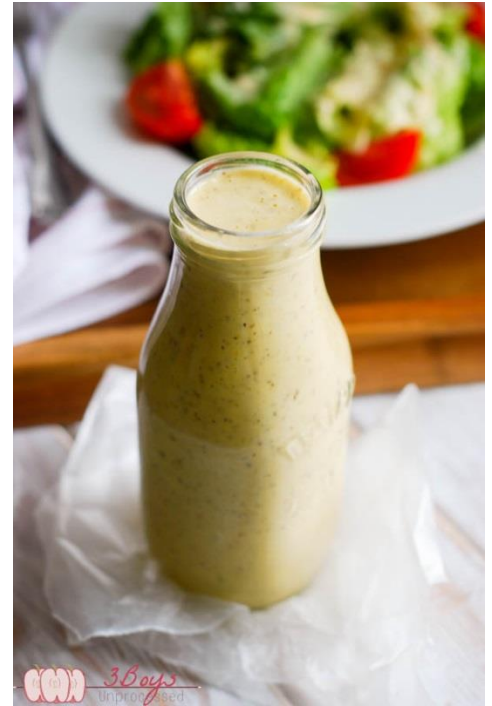
Melissa Tate adapted from Casinera's Caesar Dressing

Serves: 4

Preparation Time: 10 minutes + 30 to roast garlic

Ingredients:

- 1 cup cloves garlic, roasted (see note)
- 4 cup unsweetened soy, hemp or almond milk
- 4 cup raw cashew
- 1/2 cup nutritional yeast
- 1 Cup fresh lemon juice
- 2 cups white wine vinegar or more to taste
- 1/4 cup Dijon mustard
- 4 tablespoons chopped fresh Italian parsley
- 1 tablespoon dried basil
- 1/4 teaspoon crushed red pepper flakes
- 1 Pinch dried oregano
- 1 teaspoon black pepper or to taste



Instructions:

Blend ingredients together in a high powered blender or food processor. Adjust seasonings if necessary.

Note: To roast garlic: Separate cloves, leaving papery skins on. Roast at 350 degrees for about 25 minutes until soft.

Per Serving:

CALORIES 239; PROTEIN 10g; CARBOHYDRATES 14g; TOTAL FAT 17.4g; SATURATED FAT 3.3g; SODIUM 119mg; FIBER 2.3g; BETA-CAROTENE 131ug; VITAMIN C 7mg; CALCIUM 112mg; IRON 2.4mg; FOLATE 27ug; MAGNESIUM 105mg; ZINC 2.8mg; SELENIUM 6.9ug

Citrus Vinaigrette Dressing

(LowFatLifestyle.com)

Serves: 1 cup

Serving Size: 2 Tablespoons

Calories: 22

Ingredients:

- Juice of one large navel orange
- 2 tablespoons lemon juice
- 1 teaspoon brown sugar
- 1 clove garlic, crushed
- 2 tablespoons Balsamic vinegar
- Dash of salt
- Fresh ground black pepper
- ¼ teaspoon dry mustard

Instructions:

Place ingredients in salad cruet and shake very well.



Honey Lime Yogurt Dressing

(LowFatLifestyle.com)

Serves: 1 cup

Serving Size: 2 Tablespoons

Calories: 45

Ingredients:

- $\frac{3}{4}$ cup plain yogurt
- 2 tablespoons lime juice
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ teaspoon lime zest

Instructions:

Whisk all ingredients together and chill for one hour.



Raspberry Vinaigrette Dressing

(eatingwell.com)

Serves: ½ cup

Serving Size: 1 Tablespoon

Calories: 82

Ingredients:

- 2 tablespoons raspberry vinegar
- 1/8 teaspoon salt
- Freshly ground pepper, to taste
- 1/3 cup grapeseed oil, or canola oil

Instructions:

Whisk vinegar, salt and pepper in small bowl. Slowly whisk in oil.

